



Jumping into Plyometrics

By Donald A. Chu

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"Jumping Into Plyometrics" shows how to develop a safe plyometric training programme for any sport. Readers will discover how to improve quickness, speed, and jumping ability while gaining greater co-ordination, body control, and balance. In addition to explaining basic muscle physiology, how plyometrics works, and how to design the ideal plyometric training programme for many sports, "Jumping Into Plyometrics" features many plyometric exercises. Readers will find 90 fully illustrated exercises from seven categories: jumps-in-place, standing jumps, multiple jumps, box drills, death jumps, bounding, and medicine ball exercises. This manual also provides plyometric drills for 19 specific sports. It includes the five most effective exercises for each sport, the equipment needed, the starting position, and the action sequence of the exercise. An accompanying video is also available which shows athletes how to perform 21 of the same exercises found in the book "Jumping Into Plyometrics". The video makes learning easy by demonstrating, step by step, how each exercise is executed. Like the book, the video features exercises that vary in intensity from very low to very high. The exercises can be used by athletes at any skill level, and they can be applied to training regimens for a variety of sports. The video also features specific tests that will help athletes assess and monitor their progress.

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Jumping into Plyometrics By Donald A. Chu Bibliography

- Sales Rank: #1716035 in Books
- Published on: 1991-06
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x 8.75" w x .25" l,
- Binding: Paperback
- 88 pages

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